

Cycle A Menu 2008: Day 1 <u>Salisbury Steak w/Gravy</u> (1CS) <u>Mashed Potatoes</u> (1 CS) <u>Parslied Carrots</u> Seasonal Fruit (1-2 CS) (17 grapes 1CS) 2 Whole Grain Bread (2CS)	Chicken Parmesan 2 ½ c <u>Scalloped Potatoes</u> (2CS) ½ c <u>Corn O'Brian</u> (1 CS) ½ c Tropical Fruit (1 CS) 2 Whole Grain Bread (2CS)	BBQ Rst Beef (1 CS) 3 ½ c Baked Potato (1CS) 2 T light sour cream ½ c Broccoli or optional cook's choice 2 nd LS vegetable ½ c Pears (1CS) 2 Whole Grain Bread (2CS) (Roast additional beef for Day 11 & freeze)	3 oz Pork Roast 4 ½ c <u>Mashed Potatoes</u> (1CS) 3 oz <u>Gravy</u> ½ c <u>Harvard Beets</u> (1CS) ½ c <u>Cooked Apples</u> (11/2CS) 2 Whole Grain Bread (2CS) (Make SF Jello w/Peaches Recipe)	Meatloaf (1/2 CS) 5 Choice of <u>Lemon Bk Fish</u> during Lent ½ c <u>Oven Br Potato</u> (1CS) ½ c Peas (1 CS) ½ c Carrots w/1 tsp marg/serv ¾ c <u>Red SFJello/Peaches</u> (1CS) 2 Whole Grain Bread (2CS)) (Defrost meat for Monday) (Make SF Jello Salad for Monday)
1 1/8 c Beef Stew (1 CS) 6 ¾ cSF <u>CrunchyCranberrySalad</u> (1CS) madew/OrangeSFJello Seasonal Fresh Frt (med orange) (1CS) 1 <u>Whole Wheat Biscuit</u> (1CS) OR 6 Whole wheat Crackers, low sodium (1 CS) & 1 whole grain bread (1CS)	1 c. Lasagna Rotini (3 CS) 7 1 French Bread (1 CS) <u>Tossed Romaine Salad</u> w/2T French Dressing Reduced sodium & Fat (0CS) or 2 T HomemdeBalsamicVinDressing 0CS or optional cook's choice 2 nd LSveg ½ c Mixed Fruit (1 CS)	1 Pork Chopw/Celery Sauce 8 ½ c <u>Sweet Potatoes</u> (1½ CS) ½ c Ckd Froz Green Beans ½ c Plums (1 CS) or Fresh Fruit 2 Whole Grain Bread (2CS)	BBQ Chicken Legs (1CS) 9 ½ c Baked Potato (1CS) 2 T light sour cream ½ c Mixed Vegetables (1/2 CS if with peas/corn) ½ c Pears (1 CS) 2 Whole Grain Bread (2CS) (Make Apricots in SF Pudding for tomorrow)	"Breaded" Bk Fish (1/2 CS) 10 & cook's choice LS meat ½ c <u>Parsley Potatoes</u> (1 CS) ½ c <u>Glazed Carrots</u> (1/2 CS) ¾ c <u>Fruit(Apricots) inSF Pudding</u> (1CS)(1/4 c SF Pudd & ½ c. Apricots) 2 Whole Grain Bread (2 CS) (Defrost meat for Monday) (Make BalsamicVinegarDressing for Mon)
PorcupineMeatballs/Patties 13 with 2 T <u>Brown Gravy</u> (1 ½ CS) ½ c <u>Mashed Potatoes</u> (1 CS) ½ c cooked Froz Green Beans cooked with diced onion ½ c Peaches (1 CS) 1 <u>Oatmeal Blueberry Muffin</u> (2 CS) 0 Bread/ 1 margarine	HAPPY BIRTHDAY 12 2 oz Roast Pork ½ c <u>Cooked Apples</u> (1½ CS) ½ c <u>Scalloped Potatoes</u> (2 CS) ½ c California Vegetables or Optional cook's choice 2 nd LS vegetable B'Day (Can be different day) Unfrosted Cake sprinkled lightly w/powered sugar & ½ c Ice Cream (4 ½ CS) 2 Whole Grain Bread (2 CS) (Make Slaw for tomorrow)	Swedish Meatballs (1 CS) 13 ½ c Noodles (1 CS) (may combine meatballs/noodles for ease in serv) ½ c Peas (1 CS) ½ c <u>Fruity Slaw with all Mandarin Oranges-noP/A</u> 1CS) Or ½ c. juice (chewing concerns) 2 Whole Grain Bread (2CS) (Make Jello Salad for tomorrow) Seasonal Fresh Frt (1CS) (17 Grapes 1 CS)	Hot Beef Sand open faced (1 CS) 14 ½ c <u>Mashed Potatoes</u> (1 CS) w/ 3 oz <u>Gravy</u> ½ c Corn (1CS) ¾ c <u>SF Sunshine Salad</u> (1CS) Addit Whole grain bread (1 CS)	1 c Turkey Tetrizzini (2 CS) 15 &Choice of <u>Salmon Patty during lent</u> 1 c <u>Tossed Romaine Salad</u> w/ 2 T. FF Ranch Dressing (1CS) (or 2 T Fr Dressing Reduced Sod & Fat 0CS) Or optional cook's choice 2 nd LS veg ½ c. Fresh Tomato diced on salad ½ c Mandarin Oranges (1 CS) or Fresh Orange 2 Whole Grain Bread (2CS) (Defrost meat for Monday)
Cacciatore Chicken (1/2C) 16 ½ c Bk Potato(1 CS) With Sauce from Chicken ½ c <u>Green Bean Amandine</u> ½ c AppleSauce (1 CS) 2 Whole Grain Bread (2 CS)	Hot Pork & Cheese Sauce 17 <u>Sandwich</u> (2 CS) ½ c Potato Rounds (1 CS) ½ c Beets ½ c Peaches (1 CS) (0Additional bread) Make Spoon Salad for tomorrow	3 oz Roast Beef 18 ½ c <u>Mashed Potatoes</u> (1 CS) 3 oz <u>Gravy</u> ½ c <u>TomatoSpoonSalad</u> (1/2CS) Or ½ c Plain Tomatoes Fruit Cocktail (1 CS) 1 <u>Cranberry Orange Bar</u> (1CS) 2 Whole Grain Bread (2 CS) (Make SF Jello w/Pears for tomorrow)	1 c. Chili (1½ CS) 19 ¼ c Green pepper, chopped 6 Whole wheat LS crackers (CS) ¾ c <u>SF Jello with pears</u> (1 CS) Seasonal Fresh Fruit (sm apple) (1CS) 1 Whole Grain Bread (1CS) 2 teaspoons margarine	"Brded" Bk Fish (1/2 CS) & 20 Cook's choice LS meat ½ c <u>OvenBr Potatoes</u> (1CS) ½ c <u>Parslied Carrots</u> ½ c <u>Plums</u> (1CS)or Fresh Fruit 1 <u>Oatmeal Fruit Muffin</u> (2CS) 1 Whole Grain Bread (1CS) (Defrost meat for Monday) (Make gelatin salad for Monday)
¾ c Turkey Ala King (1CS) 21 Over ½ c <u>Mashed Potato</u> (1CS) ½ c Calif Vegetables Or optional cooks choice 2 nd LS vegetable ½ c Peaches (1 CS) ¾ c <u>SF Lime Perfection Salad</u> (1 CS) 1 Whole Grain Brd (1CS) (Make Mand Oranges in SF Pudding for tomorrow)	1-1 ¼ c Spaghetti & Meat Sc 22 (2CS) 1 c <u>Tossed Romaine Salad</u> with 2T French Dr Reduced Sodium &Fat(0CS) or optional cook's choice 2 nd LS vegetable ¾ c <u>Fruit in SF Pudding</u> (1CS) (1/4 c SF Pudd & ½ c rmandarin orange) 1 Whole Grain Bread (1CS)	1 c Sweet & Sour Pork (1CS)25 ½ c Rice (11/2 CS) ½ c Oriental Vegetables or optional cook's choice 2 nd LS veg ½ c Grape Juice (1 ½ CS) ½ c Cn Apricots (1 CS) 2 Whole Grain Bread (2CS)	Swiss Steak w/ OnionsTomatoes 24 ½ c <u>Mashed Potatoes</u> (1 CS) 1 tsp margarine ½ c peas (1 CS) Fruit Cocktail (1 CS) 2 Whole Grain Bread (2 CS) (Make Brd Pudding for tomorrow & Cool, Cover, Label & Refrigerate)	1 c Tuna& Noodles(1½CS) 25 & cook's choice LS meat ½ c <u>Seasoned Spinach</u> Or cook's choice 2 nd LS vegetable 1 med Banana (2 CS) (=double fruit serv) ½ c <u>Bread Pudding</u> (1½ CS) 1 Whole grain bread (1CS) (Defrost meat for Monday)

Each Day includes: 1 cup 1% Milk, 1 cup Water, 1 cup Coffee, 1 teaspoon margarine for each slice bread on menu in menu analysis. Clients do not need to take # slices bread listed.
Do not serve more than listed.

Recipe and menu abbreviations: AP As Purchased EP Edible Portion ~ Approximately CHO Carbohydrate CS Carb Servings	CS = Carb Serving Each CS = ~15 grams CHO for diabetics who are controlling CHO intake LS Low Salt/Low Sodium SF Sugar Free	SF gelatin (Jello) measure: .1 oz = ~7/8 t. .5 oz or ½ oz = 4 2/3 t or ~1 ½ T .6 oz = 5 ½ t Each oz = ~ 3 T 1/8 oz = ~ 1 1/8 t.	Sites that bake bread/rolls: Where 2 slices of whole grain bread are listed a 2 oz whole grain roll may be substituted/ if 1 slice of whole grain bread is listed a small (1 oz) whole grain roll may be served.	SF instant pudding (Jello brand) measure: 1 oz = 5 T or ¼ c + 1T
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RECIPES are included for underlined items on this cycle. Bold underlined item is new recipe.

All meals include: 2 serving bread/grain products, 1 tsp. soft margarine per slice bread, 1 c 1% milk, 1 c water & 1 c coffee in menu analysis.

Where less than 2 slices bread listed other grain products were run in the nutritional analysis. Each 1 oz slice bread = approx 1 carb serving

Record any menu substitutions necessary on the menu substitution form. Occasional *permanent menu changes are allowed but must be RD approved and signed off with analysis sent to Pierre upon request.*

ANY ITEM WITHOUT A RECIPE is to be cooked/prepared without added salt.

Canned Fruits: Purchase in *extra light syrup* (preferred), light syrup or in water or juice (each 15 grams CHO = 1 CS and ½ c required to = 1 fruit serv)

High Vitamin K vegetables: cooks may offer choice of vegetable when there are high Vit K vegetables on the menu for those who avoid Vit K

Gelatins (Jellos) are all **Sugar Free (SF)** on menu; **Pudding mixes** are **Sugar Free** Instant Pudding mixes.

FF Salad Dressings are still high in sodium, this is why homemade dressing is used for Chef Salad where there is a larger salad dressing portion size.

VEGETABLES are to be frozen or salt free canned. Vegetable Blends on Cycle A (using mixtures in Nifda brand):

California Blend = Broccoli, Cauliflower, Carrots; Oriental Blend = Broccoli, Onions, Mushrooms, Green Beans

Fish: When fish is on the menu offer a cook's choice LS meat for nonfish eaters; **DURING LENT ONLY** offer a choice of fish Ash Wed & each Fri

MEASURES:

1 Tablespoon = 1T. = 3 teaspoons = 3 t.

1 cup = 16 Tablespoons

1 pint = 2 cups

1 quart = 4 cups

1 gallon = 4 quarts = 16 cups

A PINT is a POUND (of liquid) the WORLD AROUND

Many other solid, heavy measures of 1 pint also = 1 pound

Light things like lettuce salad, etc will not weigh 1 pound for 1 pint

¼ cup = 4 Tablespoons; 1/3 cup = 5 1/3 Tablespoons; ½ cup = 8 Tablespoons;

2/3 cup = 10 2/3 Tablespoons; ¾ cup = 12 Tablespoons

SCOOPS:

#6 = 2/3 cup = 10 2/3 T.

#30 = 2 T.

#8 = ½ cup = 8 T.

#40 = 1 2/3 T.

#10 = 3/8 cup = 6 T.

#50 = 3 ¾ t.

#12 = 1/3 cup = 5 1/3 T.

#60 = 3 ¼ t.

#16 = ¼ cup = 4 T.

#70 = 2 ¾ t.

#20 = 3 1/3 T.

#100 = 2 t.

#24 = 2 2/3 T.

The number on the scoop indicates how many level scoopfuls make 1 quart.

For example: eight #8 scoops = 1 quart. 1 quart = 4 cups so four cups divided by 8 = ½ cup;

½ c is the measure of a #8 scoop when level.

LADLES AND PORTION SERVERS: Spoodles (available solid or perforated):

Fluid Ounces	Approximate Measure	Fl. Oz.	Approx. Meas.	Fl. Oz.	Approx. Meas.
1 oz	1/8 cup = 2 T	4 oz	1/2 cup = 8 T.	12 oz	1 ½ cups
2 oz	¼ cup = 4 T	6 oz	¾ cup = 12 T.	16 oz	2 cups or
3 oz	3/8 cup = 6 T	8 oz	1 cup = 16 T		1 pint or 1 pound of liquid

